



## 20 Shopping Hints

### That can save up to \$1000/year

1. Make a shopping list before you shop.
2. Check the garbage can. Are you throwing out food?
3. Shop after eating to avoid impulse purchases.
4. Use coupons for products you normally purchase or want to try.
5. Read the labels to get the best nutritional value.
6. Compare the unit price. Sometimes bigger isn't cheaper.
7. Check product expiration dates and the dents & dings shelf for reduced price items.
8. Buy small when trying a product for the first time.
9. Take advantage of store loyalty programs.
10. Limit purchases of convenience foods.
11. Purchase fresh food items in quantities that can be used before it expires.
12. Stock up on staples when there is a sale.
13. Buy in bulk if the unit price is lower and only if you can use the product before it expires.
14. Purchase store brands when the product is comparable.
15. Shop High and Low on the shelves for better prices.
16. Check the store circular for specials and plan menus around the sales.
17. Buy foods that are in season.
18. Limit beverage purchases of soda and bottled specialty drinks.
19. Buy reusable bottles to refill instead of buying bottled water.
20. Avoid the temptations (snacks, magazines, movies) at the register.